

Southern Nash Senior Center

8180 Stoney Hill Church Road, Bailey, NC 27807

Phone (252) 235-4303

THE SENIOR SCOOP



IT'S THAT TIME!

**MEDICARE PART D OPEN
ENROLLMENT**

**OCTOBER 15TH -
DECEMBER 7TH**



ANNOUNCEMENTS

COVID-19 Update

Seven months is a long time. When we first closed due to COVID-19 on March 13th, we figured it would be a few weeks and things would slow down and we would open back up in no time. Seven months, however, was never in the plan. We say this every month, but we are so thankful for everyone's patience and participation throughout the COVID-19 pandemic. You all have shown up when we needed it the most and for that, we are so thankful. Although the world and our state are ready to open back up, we are just not confident that it is a safe time for us to do so. The Nash County Senior Center and Southern Nash Senior Center will remain closed throughout the end of the year and will schedule a reopening date hopefully in the new year.

Throughout October, we will continue to provide outdoor in-person activities as long as weather permits. With your input, we will reevaluate the weather and colder temperatures as we inch closer to November and will make the best decisions possible for outdoor activities and programs.

We have continued to increase participation in outdoor programming. In order to add an additional layer of safety beginning in October, participants who take part in outdoor programming are subject to health screenings, temperature checks, and signing of a waiver. If you are uncomfortable with or unable to make it to our outdoor programs, most of them will be streamed online via Facebook Live. It is our hope that each and every person who works at and visits our senior centers will feel safe during this time. If you have any concerns, please don't hesitate to contact us.

~Allison Barrett

Senior Center Supervisor

Stockings for Seniors

Help Spread Some Holiday Cheer!

Nash County Senior Services is sponsoring its annual *Stockings for Seniors* program. The goal of this program is to provide Christmas stockings filled with various items to seniors in Nash County. We are in need of donations and help from the community in order to make this happen. Suggested items for donation include: gift cards, travel size toiletry items, socks, snack items, hats, scarves, and any other small gift items. **Donations will be accepted Nov. 2nd through Nov 30. Donations can be dropped off at the Southern Nash Senior Center every Thursday between 8am-5pm.** Monetary donations will also be accepted and will go towards the purchase of stocking items.

If you would like to receive a stocking or for more information about this program, please call us at (252) 459-7681. **Applications will be accepted Nov. 2 through Nov. 30**



Home Delivered Meals

Due to the current pandemic, participation in delivering meals has declined. If you are **without** chronic high-risk disease (lung disease, asthma, heart disease, compromised immune system, other underlying medical conditions that may be out of control such as: diabetes, renal failure or liver disease) and would be interested in volunteering for this much needed program, please contact: **Wendy Perry, Senior Services Coordinator at 252-459-1367** for more information.

ANNOUNCEMENTS

Medicare Part D Open Enrollment

The 2020 Medicare Part D open enrollment period begins October 15th and runs through December 7th. This is your opportunity to review your Part D plan choices and compare current plans to new ones in order to maximize your savings. A SHIP volunteer can assist you in finding a Medicare Part D prescription drug plan that meets your needs.

Due to COVID-19 The Nash County Senior Center & Southern Nash Senior Center will have appointments available, however they are over the phone only. Please note that some information may be asked to be provided before your scheduled appointment time. To schedule an appointment call the Nash County Senior Center at (252) 459-7681. You may also call the NC State SHIP office toll free at 1-855-408-1212.

Walk to De-Feet Dementia

Have you heard the news? Nash County's 2020 Walk to De-feet Dementia is not canceled! It will simply move ONLINE, to wherever you are!

Walk to honor and remember those touched by dementia. Every dollar raised for Dementia Alliance stays in North Carolina and fuels the best quality of care for your friends, family members, and neighbors impacted by dementia.

We invite you to walk and fundraise alongside your neighbors this November 7-14th, united in a state of caring! Registration is FREE! Visit <https://www.classy.org/event/the-2020-nash-county-walk-to-de-feet-dementia/e286291>



Staff Directory

Southern Nash Senior Center

Allison Barrett

Senior Center Supervisor

Merredith Bulluck

Office Assistant III

Nash County Senior Center

Morgan Doughtie

Senior Center Supervisor

Sandy Richardson

Activities Specialist

Ashley Winstead

Senior Services Supervisor

Wendy Perry

Senior Services Coordinator

Sherry Leonard

Accounting/Admin Specialist

Delois Burruss

Marian Jenkins

Dollie Parker

Reception/Support Staff

Know Your W's

If you leave home, know your W's:

- Wear a cloth face covering if you are with others.
- Wait 6 feet apart. Avoid close contact.
- Wash your hands often with soap and water for at least 20 seconds.

PROGRAMS & ACTIVITIES

Senior Stretch

Each Tuesday, we will have an outdoor in person stretch class at the Southern Nash Senior Center. This class is also streamed on Facebook Live for those who are not able to make it in person. This class will focus on flexibility, balance, and core strength. If you would like to participate in the class virtually, please visit www.facebook.com/nashseniorcenter

Days: Tuesdays

Time: 8:30am

Location: Southern Nash Senior Center parking lot

NEW Line Dance Class

We are so excited to announce the return of our line dance class at the Southern Nash Senior Center! Line dance instructor Chrissie Heath will be in the parking lot on Wednesday afternoons to teach an outdoor soul line dance class. Cost of the class is \$3.00 to be paid directly to Chrissie. Come join us!

Days: Wednesdays (Oct. 7th, 14th, & 28th)

Time: 1:30pm

Location: Southern Nash Senior Center parking lot

Aerobics

Each Thursday, we will have an outdoor in person aerobics class at the Southern Nash Senior Center. This class is also streamed on Facebook Live for those who are not able to make it in person. This hybrid aerobics class consists of low-impact strength training as well as light cardio and stretching. To join the class on Facebook, visit www.facebook.com/nashseniorcenter.

Days: Thursdays

Time: 8:30am

Location: Southern Nash Senior Center parking lot

Pumpkin Painting



****This craft class will be in person**** Join us at the Southern Nash Senior Center for an outdoor craft class. Painting pumpkins is a trendy and creative way to decorate without all of the mess from carving a pumpkin. Please give us a call at 252-459-7681 to sign up for this program; registration is required. Registration deadline is October 13th- sign up soon as there is a 10 person limit on this class. There is no cost for this class.

Date/Time: Friday, October 16th at 11am

Where: Southern Nash Senior Center

Flu Presentation



Dawn Beddard, Clinical Nurse Liaison with Amedisys, will be joining us on Facebook Live for a talk on Flu Prevention. Dawn will be discussing flu related topics including how the flu is spread, signs and symptoms, treatment, prevention, and facts about the flu vaccine. Tune-in to our Facebook Live to ask all of your flu related questions in the comment section.

Date: Tuesday, October 6th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Fire and Fall Prevention



Did you know that at age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large? Join Blaise Harris from Rocky Mount Fire Department as he gives us tips and information on fire prevention.

Date: Tuesday, October 13th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

PROGRAMS & ACTIVITIES

Spooktacular Drive-Thru



Join us for a drive-thru Spooktacular event as the senior services staff greet you in costumes as we have a Halloween Party in the parking lot! We'll indulge in haunted sweet treats and envision the haunted hay rides as we gather together. Please join us, and if you'd like, dress up in your best costume as those who participate in the drive thru with a costume will be entered into our costume contest for a chance to win a prize! Costumes are optional and not required. Feel free to drive through our parking lot and honk your horn, or park and visit for a while.

Date: Friday, October 30th

Time: 2:00pm

Location: Southern Nash Senior Center parking lot

Parking Lot Bingo



****New time!**** Come to the senior center and bring your lawn chair to play Parking Lot Bingo. A Bingo card will be provided to you when you arrive. We may not be able to go inside and play Bingo like we used to, but this may be the next best thing! Please remember to maintain social distancing at all times and to wear your mask when not sitting in your chair. We look forward to seeing you! ****Prizes will be awarded****.

Date: Thursdays

Time: 2:00pm

Location: Southern Nash Senior Center parking lot

The Girls Talk Show



Join us for some chit chat and creative fun on Facebook Live. The Senior Services staff will be teaching you how to make spooky and cute Halloween treats that you can share with your friends and family this Halloween!

Date: Monday, October 26th

Time: 2:00pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Halloween Trivia



Join us on Facebook Live for a fun and competitive Halloween themed game of trivia! To answer our trivia questions, you will need to type your answer in the comment section of our Facebook Live. Get your brain juices flowing and get ready to play!

Date: Monday, October 19th

Time: 2:00pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Craft



Join Senior Services staff members on Facebook Live for a simple "do-it-yourself" craft! Be sure to post pictures of your finished products to our Facebook page so we can see what you created!

Date: Monday, October 5th

Time: 2:00pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

October 2020

Mon	Tue	Wed	Thu	Fri
Legend: \$ = Fee for program			1 8:30am: Aerobics in the Parking Lot (also on Facebook Live) 2pm: Parking Lot Bingo	2
5 2pm: Craft on Facebook Live	6 8:30am: Senior Stretch in the Parking Lot (also on Facebook Live) 2pm: Flu Presentation (Facebook Live)	7 1:30pm: Line Dance (Parking lot) \$	8 8:30am: Aerobics in the Parking Lot (also on Facebook Live) 2pm: Parking Lot Bingo	9
12	13 8:30am: Senior Stretch in the Parking Lot (also on Facebook Live) 2pm: Fire & Fall Prevention (Facebook Live)	14 1:30pm: Line Dance (Parking lot) \$	15 8:30am: Aerobics in the Parking Lot (also on Facebook Live) 2pm: Parking Lot Bingo	16 11am: Pumpkin Painting (in the parking lot)
19 2pm: Halloween Trivia (Facebook Live)	20 8:30am: Senior Stretch in the Parking Lot (also on Facebook Live)	21	22 8:30am: Aerobics in the Parking Lot (also on Facebook Live) 2pm: Parking Lot Bingo	23
26 2pm: The Girls (Facebook Live)	27 8:30am: Senior Stretch in the Parking Lot (also on Facebook Live)	28 1:30pm: Line Dance (Parking lot) \$	29 8:30am: Aerobics in the Parking Lot (also on Facebook Live) 2pm: Parking Lot Bingo	30 2pm: Spooktacular Drive-Thru



AUTUMN



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apples

autumn

birds

blanket

bonfire

changing

cider

colorful

cozy

crow

deciduous

equinox

flannel

foliage

frost

harvest

hayride

jacket

leaves

migrate

orchards

pumpkin

quilt

rake

rustling

scarecrow

season

spider

squash

squirrel

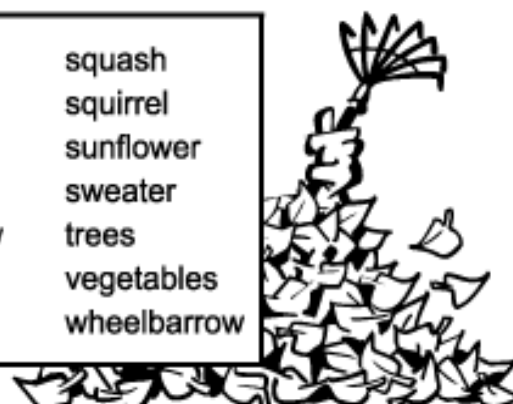
sunflower

sweater

trees

vegetables

wheelbarrow



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Pumpkin Bread Recipe



Ingredients

- 1/2 cup vegetable oil
- 1 1/3 cups granulated sugar
- 2 large eggs
- 15oz can pumpkin puree
- 2 cups all-purpose flour
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Cooking Instructions

1. Preheat the oven to 325F. Grease and flour two 8 x 4-inch loaf pans
2. In a large bowl, whisk oil and sugar together. Mixture will look like wet sand.
3. Whisk eggs until well combined.
4. Add the pumpkin puree and whisk until well combined.
5. Whisk in the flour, salt, pumpkin pie spice, baking soda, and baking powder until just combined. Overmixing the bread will cause it to be tough.
6. Divide the batter evenly between the prepared pans.
7. Bake for 40-60 minutes, or until a wooden toothpick inserted into the center comes out clean.
8. Let the loaves cool in the pans for 10 minutes, and then remove to a wire cooling rack to finish cooling.